



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20044, Rice, white, long-grain, regular, raw, enriched

Report Date: June 27, 2017 04:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Proximates					
Water	g	11.62	58	0.332	21.50
Energy	kcal	365	--	--	675
Energy	kJ	1527	--	--	2825
Protein	g	7.13	70	0.134	13.19
Total lipid (fat)	g	0.66	23	0.053	1.22
Ash	g	0.64	60	0.022	1.18
Carbohydrate, by difference	g	79.95	--	--	147.91
Fiber, total dietary	g	1.3	--	--	2.4
Sugars, total	g	0.12	--	--	0.22
Sucrose ¹	g	0.08	2	--	0.15
Glucose (dextrose) ¹	g	0.02	2	--	0.04
Fructose ¹	g	0.02	2	--	0.04
Lactose ¹	g	0.00	2	--	0.00
Maltose ¹	g	0.00	2	--	0.00
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	28	22	3.052	52
Iron, Fe	mg	4.31	6	0.584	7.97
Magnesium, Mg	mg	25	13	1.776	46
Phosphorus, P	mg	115	15	3.642	213
Potassium, K	mg	115	17	10.363	213
Sodium, Na	mg	5	10	1.051	9

Nutrient	Unit	1			1 cup 185g
		Value Per 100 g	Data points	Std. Error	
Zinc, Zn	mg	1.09	13	0.068	2.02
Copper, Cu	mg	0.220	13	0.016	0.407
Manganese, Mn	mg	1.088	6	0.049	2.013
Selenium, Se	μg	15.1	7	5.193	27.9
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.576	5	0.020	1.066
Riboflavin	mg	0.049	19	0.011	0.091
Niacin	mg	4.192	12	0.323	7.755
Pantothenic acid	mg	1.014	6	0.194	1.876
Vitamin B-6	mg	0.164	7	0.008	0.303
Folate, total	μg	231	--	--	427
Folic acid	μg	223	--	--	413
Folate, food	μg	8	5	0.962	15
Folate, DFE	μg	387	--	--	716
Choline, total	mg	5.8	--	--	10.7
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	0	--	--	0
Retinol	μg	0	--	--	0
Carotene, beta	μg	0	--	--	0
Carotene, alpha	μg	0	--	--	0
Cryptoxanthin, beta	μg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.20
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	μg	0.1	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.180	--	--	0.333

Nutrient	Unit	1			1 cup 185g
		Value Per 100	Data points	Std. Error	
	g				
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.004	19	--	0.007
16:0	g	0.161	19	--	0.298
18:0	g	0.012	19	--	0.022
Fatty acids, total monounsaturated	g	0.206	--	--	0.381
16:1 undifferentiated	g	0.002	19	--	0.004
18:1 undifferentiated	g	0.203	19	--	0.376
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.177	--	--	0.327
18:2 undifferentiated	g	0.146	19	--	0.270
18:3 undifferentiated	g	0.031	19	--	0.057
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.083	95	--	0.154
Threonine	g	0.255	127	--	0.472
Isoleucine	g	0.308	109	--	0.570
Leucine	g	0.589	125	--	1.090
Lysine	g	0.258	141	--	0.477
Methionine	g	0.168	121	--	0.311
Cystine	g	0.146	53	--	0.270
Phenylalanine	g	0.381	104	--	0.705
Tyrosine	g	0.238	173	--	0.440
Valine	g	0.435	109	--	0.805

Nutrient	Unit	1			1 cup 185g
		Value Per100	Data points	Std. Error	
	g				
Arginine	g	0.594	96	--	1.099
Histidine	g	0.168	96	--	0.311
Alanine	g	0.413	84	--	0.764
Aspartic acid	g	0.670	83	--	1.240
Glutamic acid	g	1.389	83	--	2.570
Glycine	g	0.325	84	--	0.601
Proline	g	0.335	98	--	0.620
Serine	g	0.375	84	--	0.694
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein ^{6 7}	mg	0.00	2	--	0.00
Genistein ^{6 7}	mg	0.00	2	--	0.00
Total isoflavones ^{6 7}	mg	0.00	2	--	0.00
Proanthocyanidin					
Proanthocyanidin dimers ^{2 3 4 5}	mg	0.0	7	0	0.0
Proanthocyanidin trimers ^{2 3 4 5}	mg	0.0	7	0	0.0
Proanthocyanidin 4-6mers ^{2 3 4 5}	mg	0.0	7	0	0.0
Proanthocyanidin 7-10mers ^{2 3 4}	mg	0.0	5	0	0.0
Proanthocyanidin polymers (>10mers) ^{2 3}	mg	0.0	2	--	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD

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